



## **Ecuador: Cotopaxi & the Amazon Jungle**

8 days, Quito to Quito

Trip code SEME

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cooking Class at the Lodge, Cotopaxi

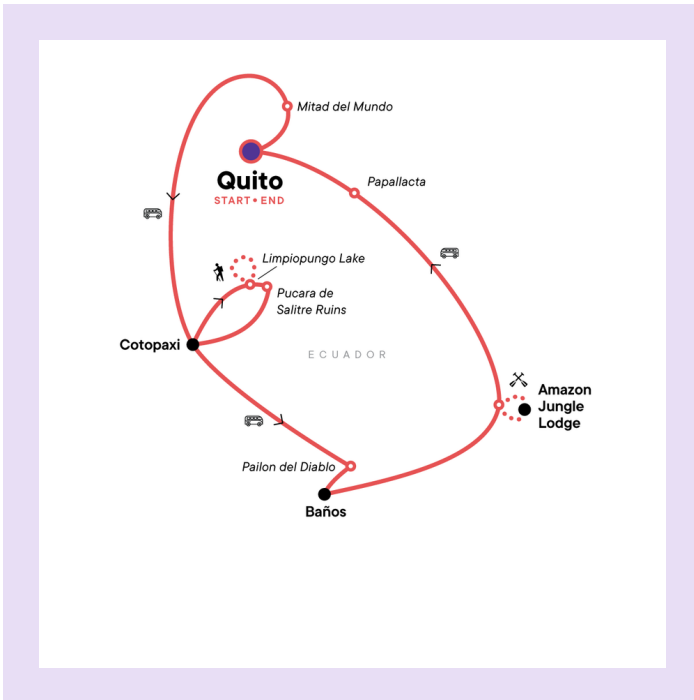
- Your OMG Day: Bike Tour From La Suiza to Baños, Baños
- Your Local Living Moment: Visit a Local Family in the Amazon, Tena
- Your Wellness Moment: Papallacta Hot Springs Visit, Papallacta
- Complimentary arrival transfer
- Welcome dinner
- Intiñan Museum Visit
- Full-Day exploration of Cotopaxi National Park
- Cooking class at the Cotopaxi lodge
- Pailon del Diablo Waterfall Visit
- Baños Orientation Walk & Melcocha Demonstration
- Visit with a Local Family in the Amazon
- River Tubing in the Amazon
- Caiman Lagoon activity
- Chocolate Culinary Experience
- Free time in Baños and the Amazon
- Visit Papallacta hot springs
- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

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**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing January 19th, 2024 and onwards

# Itinerary



## Itinerary Notes

Please note that the Quito international airport (UIO, Mariscal Sucre) will be closed on the following dates in 2026 for preventative maintenance on the runway: April 11; May 9, 16 & 30; June 6; September 5, 12 & 26; October 3 between the hours of 2am and 2pm. As well as October 17 between the hours of 6am and 6pm. For passengers flying in or out of Quito on these dates, please double check flight schedules with your airline in case of changes. Internal flights within Ecuador and Galapagos will be adjusted accordingly and any changes to schedules will be communicated at the welcome briefing.

**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Quito: Welcome to Ecuador

Rolling mountains and snow-capped volcanoes pop into view as you descend into Quito. As you step off the plane, take in a lungful of fresh mountain air and notice it's a bit thinner than what you may be used to. Home to a spectacular variety of people, geography and biodiversity, Ecuador ignites the senses while beckoning your sense of adventure. We welcome you to Ecuador, and invite you to experience the crossroads of cultures, traditions and landscapes within its borders.

Arrive to Quito at any time and transfer to the hotel. Meet your fellow group members at the welcome meeting in the evening and get all the important information about the adventure ahead. Afterwards, head to a nearby restaurant for a delicious first dinner with new friends.



### Meals included

Dinner



### Accommodation

Hotel Hilton Colon (or similar)

Hotel



### Today's Activities

Arrival Transfer

Quito

You will be met at the airport and transferred to the hotel to start your adventure.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

## Cotopaxi: The Middle of the World

Heading out of Quito you will soon reach the imaginary line that runs around the centre of our planet, both an important geographical marker as well as the name of the country. Scan the scenic landscape and watch as towering volcanoes come in and out of view, or peek out of the clouds as you drive south. You'll be warmly welcomed at our cozy lodgings perched on the majestic Cotopaxi Volcano, surrounded by stark and incredibly picturesque scenery.

Drive to the Intiñan Museum where you can try experimenting with gravity along the equatorial line. Lunch will be had at a cozy, local restaurant with impressive views of a volcano. Arrive in Cotopaxi in the afternoon to your OMG Stay property where you will be welcomed with a traditional canelazo before dinner. Weather permitting, enjoy a bonfire in the evening with some tasty s'mores.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Chilcabamba Mountain Lodge (or similar)

Eco-Lodge

With comfortable rooms and rustic-style décor, Chilcabamba Mountain Lodge is built from local materials and lies in a gentle valley surrounded by mountains. Providing guests a natural wonderland in Ecuador's countryside, the lodge offers many opportunities to trek out into the native landscape whether by foot, horseback, or mountain bike.



### Today's Activities

Private Vehicle

Quito - Cotopaxi

3h

Settle in and scan the scenery from the convenience of a private vehicle. There will be some stops along the way to your OMG Stay in the Cotopaxi area.

Intiñan Museum Visit

Provincia de Pichincha

1h15m-1h30m

Visit the Intiñan Museum (Intiñan Site meaning 'Pathway of the Sun') with interactive exhibits displaying the science and myths behind the equatorial line. You will have the opportunity to interact with phenomena that occur in nature which can be tested on the magnetic equatorial line. The centre also has displays highlighting the local indigenous cultures. There is also a chance to set foot on both sides of the Equator, for which the country of Ecuador is named.

Lunch at El Crater Restaurant

Provincia de Pichincha

1h30m

Sit down for a delicious lunch at a restaurant located on the edge of the crater of the Pululahua volcano. The interior offers panoramic views of the constantly changing landscape and was handmade using only local materials to create an inviting space that is in harmony with the natural land surrounding it.

Bonfire and S'mores

Cotopaxi

1h

Weather permitting, sit around a bonfire to stay warm in the cool mountain air. Eat some tasty fresh s'mores that are toasted on the fire and gaze up at the stars.

## Cotopaxi: Discover the National Park

Immerse yourself in the volcanic landscape of Cotopaxi National Park, home to one of the highest active volcanoes in the world. Breathe in the thin mountain air as you hike and explore this stunning area, home also to a small Inca archaeological site. Back in the warmth of the lodge, you'll savour a delicious meal and learn how to make a tasty regional treat.

Leave the hotel after breakfast for a full-day exploration of Cotopaxi National Park, including a visit to Limpiopungo Lake, a high-altitude hike, lunch, and the Refugio del Cotopaxi mountain hut. End the day with a cooking class at the lodge where you'll learn how to make a traditional Ecuadorian sweet.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Chilcabamba Mountain Lodge (or similar)

Eco-Lodge

With comfortable rooms and rustic-style décor, Chilcabamba Mountain Lodge is built from local materials and lies in a gentle valley surrounded by mountains. Providing guests a natural wonderland in Ecuador's countryside, the lodge offers many opportunities to trek out into the native landscape whether by foot, horseback, or mountain bike.



### Today's Activities

Full-Day Cotopaxi Experience

Cotopaxi National Park

7h

Spend a full day immersed in the wilds of Cotopaxi National Park and the high Andean ecosystem. Begin with a visit to Limpiopungo Lake, featuring amazing views of the Cotopaxi volcano. From the parking lot of the lake, the group will embark on a steep 1-hour hike up to the Refugio del Cotopaxi, which serves as basecamp for those hiking the volcano. When you reach the 4864m high hut, it won't just be the hike that took your breath away—but the stunning views of the Andes Mountains. A boxed lunch will be included and eaten overlooking some of the best vistas in the park.

#### ACTIVITY

The restaurant at your OMG Stay lodge offers on-site regional cuisine and a local chef who will regale you with delicious homemade meals. During this cooking class you will learn how to make a traditional

pastry from Ecuador called Quimbolitos. This pastry contains raisins and is steamed in an achira or plantain leaf to keep the moisture in the dough, and to add flavour. The batter is a mix of cornflour, wheat flour, butter, eggs, sugar, and creamy cheese.

Day 4

## Baños: Lush Landscapes

Imagine plunging waterfalls, lush forests, steep gorges and steaming thermal springs, and you'll have conjured Baños in your mind. This incredible setting sits in the shadow of one of South America's most active volcanoes and begins your time in an adventurer's paradise. From gorgeous scenery to a demonstration of the best handmade candy in Ecuador, this introduction to Baños will captivate your senses at every turn.

Travel to Baños. Lunch will be served at a local restaurant upon arrival to Baños before an orientation walk through the city with a melcocha demonstration. The evening is at your leisure.



### Meals included

Breakfast | Lunch



### Accommodation

Luna Volcan Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Cotopaxi - Baños

4h-4h30m

195km

Settle in and scan the scenery from the convenience of a private vehicle en route from your OMG Stay in Cotopaxi to Baños. Upon arrival, there will be an orientation walk of this quaint mountain town.

Orientation Walk in Baños and Melcocha Demonstration

Baños

1h

Enjoy an orientation walk in Baños with your CEO, followed by a Melcocha demonstration and free time. Baños is a city in Ecuador's Tungurahua province, considered the gateway to the Amazon Basin and known for its hiking trails, hot springs, and active volcano to the south. Walk about the town, pass by The Church of Our Lady of Holy Water, and watch a special kind of Ecuadorian candy be handmade before your eyes— mostly produced in this small highland town. The process requires strength for squeezing the sugar cane and kneading it into the correct shape and consistency.

Baños is a hub for adventure activities, and today is all about how you want to best experience it with two great options to choose from. Set out on a cycling ride through the landscape on winding trails and roads from the La Suiza area back to the city. Or if you would rather stay on foot, join a guided trek to the Casa del Arbol and Torre Al Cielo, where you will encounter remarkable views of Baños and the Tungurahua Volcano. Later, follow the Rio Verde to the Pailon del Diablo, a powerful waterfall in the midst of the jungle landscape.

Decide between biking or hiking this morning to fully immerse yourself in the landscape surrounding Baños. Sit down for lunch prepared using traditional cooking techniques and local ingredients. Follow the Rio Verde to the Pailon del Diablo, a powerful waterfall in the midst of the jungle landscape. Choose between a range of optional activities in the area, and spend a free afternoon on your own. Dinner is at your leisure today.



### Meals included

Breakfast | Lunch



### Accommodation

Luna Volcan Hotel (or similar)

Hotel



### Today's Activities

Free Time

Baños

Spend a free afternoon back at the hotel property in Baños. Opt to visit the spa, book another adventure activity through the hotel, or simply relax while staring at the impressive views of Tungurahua Volcano, Llanganates National Park, and the charming town below. From hot spring soaks to horseback riding there are plenty of options to be as active or leisurely as you wish.

ACTIVITY

7km

Option 1: Start the day with a bike tour! Enjoy private transport from your hotel to the La Suiza area where the biking adventure starts. Then pedal through the stunning highland scenery on an exhilarating ride to Baños, travelling a total of 35km.

Option 2: Begin the day with a trekking adventure. Board a short transfer to Baños where the hike starts to Torre Al Cielo (Tower to the Sky) and Casa del Árbol (Tree House). Here you'll find the famous 'Swing at the End of the World'. Torre Al Cielo offers great views of the Tungurahua Volcano.

Total distance: 7km (4.34 miles)

Total elevation: 762m (2,500ft)

Pailon del Diablo Waterfall Visit

Baños

1h30m

El Pailón del Diablo is located about 30 minutes outside of Baños. The Spanish name translates to "The Devil's Cauldron" in English. These powerful falls are 80m high and pull their strength from Rio Verde. The group will take a short walk to the falls before returning to the van.

Total distance: 2km (1.3 miles)

Total elevation: 148m (485ft)



## Optional Activities - Day 5

Horseback Riding - Baños

Baños

25USD

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Hiking - Baños

Baños

Free

Head to the mountains for some amazing treks; Baños provides the perfect natural setting for outdoor adventure.

Hot Springs - Baños

Baños

4USD

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means "little hell" in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak - watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

## The Amazon: Life in the Jungle

The Amazon has sparked the imaginations of curious travellers everywhere for centuries, conjuring up images of exotic wildlife and dense green leafy jungle. The biodiversity of plant and animal life is staggeringly varied, and the cultural traditions of those who live here are evident in the day-to-day responsibilities of life along the river, dependent on the changing land. Journey along the river by canoe and experience the true cacophony of sounds, sights, and smells in this abundantly beautiful place.

Transfer to your lodge stay in the Amazon Rainforest. Travel by private vehicle to Punta Ahuano and then board a motorized canoe and sail along Rio Napo to the lodge where lunch will be served. Afterwards, visit a local family where you will learn about their day-to-day experiences and how the changing environment is posing a risk to their traditional ways of life. Have dinner back at the lodge followed by free time.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Casa del Suizo (or similar)

Lodge



### Today's Activities

Private Vehicle

Baños - Ahuano

4h

180km

Settle in and scan the scenery from the convenience of a private vehicle as you travel from Baños to Punta Ahuano for the next leg of today's journey into the Amazon.

Canoe

Ahuano - Tena

30m

From Punta Ahuano sail in a motorized canoe 15 minutes down the river to your lodge stay in the Amazon in a low-slung, lightweight boat.

#### ACTIVITY

This afternoon, you're going to meet a Kichwa family and see what it's like to live in the Ecuadorian Amazon Rainforest. Your guide will explain how this family makes chicha, an Amazonian staple that comes from yuca and sweet potato. During this unique cultural experience you will discuss the family's

traditions, beliefs and history. Then, hear about what daily life is like for them in such a unique environment with the modern world encroaching on their traditional ways of life.

Free Time

Tena

2h

Take advantage of a few hours of free time at the lodge located along the bank of the Arajuno River. From the balcony of your cabaña, you can relax in a hammock or deck chair and observe hummingbirds, or visit the open-air lounge with a pool and full-service bar.

Day 7

## The Amazon: River Tubing and Jungle Walks

Awake to the sounds of the forest, and listen for tropical birds and animals going about their daily rituals in the canopy above. Be fully present in this wild landscape while tubing along a river.

Everywhere you go, the sights, sounds, and smells of the Amazon will follow creating a true sense of place. Your mind and body will be at complete ease in the middle of the jungle.

Pass the morning tubing on the river, searching for wildlife along the way before refueling with lunch at the lodge. Then, expand your knowledge of local food production while you collect cacao pods and learn about their importance to the nearby communities. There will be free time at the lodge before dinner.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Casa del Suizo (or similar)

Lodge



### Today's Activities

River Tubing in the Amazon

Tena

3h30m

Float down the river near the lodge gazing at the sky and tree-lined banks. A guide will accompany you on a motorized canoe and pick you up at the end of the float.

Cacao and Chocolate Experience

Tena

2h

Expand your knowledge of local food production and learn everything there is to know about cacao. If it's in season, collect cacao pods from the nearby plants while learning about the history of the pods in Ecuador. The plant remains a key export and fundamental in supporting local communities across the country. Roast and de-shell the beans, then re-heat the beans with milk and cinnamon into a fondue to be eaten with local fruits. Then, enjoy a fire-side, traditional jungle snack!

Day 8

## Quito

Soothe your body and mind in some natural hot springs fed by a nearby volcano as you head back towards Quito. Your adventure comes to an end upon arrival to the airport.

Travel back to Quito. En route the group will stop for a visit to the hot springs in Papallacta and have lunch at the nearby restaurant serving many delicious traditional Ecuadorian dishes. The tour will finish upon arrival to the Quito International Airport in the late afternoon.

Please do not book onward travel earlier than 8:00pm.



### Meals included

Breakfast | Lunch



## Today's Activities

Canoe

Tena

30m

From the lodge, 30 minutes along the river to Misahualli Port in a low-slung, motorized boat.

Private Vehicle

Tena - Papallacta

4h

Settle in and scan the scenery from the convenience of a private vehicle.

### ACTIVITY

Soak in the natural hot springs the area is known for and let the mineral waters, which vary in temperature, soothe your body. Make your way through the circuit with views of the Antisana volcano in the distance.

Private Vehicle

Papallacta - Mariscal Sucre International Airport

1h30m

Settle in and scan the scenery from the convenience of a private vehicle as the group transfers from Papallacta to the airport in Quito.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Cooking Class at the Lodge, Cotopaxi
- Your OMG Day: Bike Tour From La Suiza to Baños, Baños
- Your Local Living Moment: Visit a Local Family in the Amazon, Tena
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- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Sip a traditional warm canelazo drink on arrival to Cotopaxi, Hike in Cotopaxi National Park featuring stunning views and breathtaking altitudes, Soak in the views and see thundering waterfalls in the lush landscapes of Baños, Head out on nature walks and learn about traditional life in the Amazon Jungle

## Itinerary Notes

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## **Is there a disclaimer I should read before booking this trip?**

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**VERY IMPORTANT:** Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there an itinerary Disclaimer?**

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

## **Are there Itinerary notes?**

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## What important notes should I be aware of before the trip?

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### ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

### THE TUNGURAHUA VOLCANO

Please note this tour travels to Baños. The Tungurahua volcano in the area around Baños is constantly active. G Adventures have operated countless tours to the Baños area over the years without incident. However, we are obligated to point out that travel to the area is at your own risk, to exercise caution when travelling in the area. Further, we urge you to check your insurance coverage with your insurance provider prior to travel to the Baños area.

## What is the group leader like?

All G Adventures group trips are accompanied by one of our group leaders, also known as a CEO (Chief Experience Officer). The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## How large will the group be?

Max 12, avg 10

## What meals are included in this trip?

7 breakfasts, 7 lunches, 5 dinners

## What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally, meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what, and with whom to eat. It also gives you more budgeting flexibility, though generally, food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. For all trips please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

Motorized Canoe, Private Vehicle, Walking.

## **Is there an extra cost for travelling solo?**

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels (5 nts), Amazon Jungle Lodge (2 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

## **What kind of accommodation can I expect on this trip?**

On our Ecuador trip, we use different types of accommodations that are unique to the various environments experienced on this trip. From a lodge in the Amazon to an eco-friendly property in Cotopaxi, these are wonderful places to stay.

## What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Our driver will be waiting for you with a G Adventures sign, and they will be waiting for you outside the luggage hall. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

### AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +593 999 350 112

After hours Emergency number: +51 997 582 712

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What instructions should I follow at the finishing point?

Please do not book onward travel earlier than 8:00pm.

## What should I take on my trip?

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a medium-sized soft suitcase, duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

Rubber boots are very good for hiking in the rainforest, they help protect feet from plants and insects close to the ground as well as deep water. The lodge offers the use of boots as a courtesy to our guests, available from size 5 to size 12.

How to keep things dry: We recommend that passengers bring zip-lock plastic bags or dry sacks for your lenses and camera equipment. A waterproof backpack will also help you to protect your camera gear or anything else you wish to keep completely dry. The humidity is high in the rainforest, however, if you follow the advice about packing appropriate belongings it should not be an issue.

# What should be on my packing list?

## Amazon:

- Knee-length socks
- Loose-fitting, light coloured long-sleeved shirts
- Loose-fitting, light coloured hiking pants
- Pack liners to waterproof bags

## Cold weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- Visas or vaccination certificates (With photocopies)

**Essentials:**

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

## When can I do my laundry on this trip?

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

## Where can I read detailed notes about this trip?

Important notes about visiting the Amazon:

How to keep things dry:

We recommend that passengers bring zip-lock plastic bags or dry sacks for your lenses and camera equipment. A waterproof backpack will also help you to protect your camera gear or anything else you wish to keep completely dry. The humidity is high in the rainforest, however, if you follow the advice about packing appropriate belongings it should not be an issue.

The weather in the Amazon:

Year-round temperature average is 82°F (28°C), nights can be cooler. Since Ecuador is located right on the equator, the country does not experience extreme weather changes, and the weather is surprisingly comfortable all year round.

Please be prepared for rain.

Digital camera users need only beware (as SLR users) that moisture can fog their lenses rapidly. Silica gel in the camera carrying case should do the job and remember to put your camera back in the case when not using it. Bring plastic zip-lock bags for protecting your gear.

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. Please bring USD banknotes in denominations smaller than 100, as they can be hard to exchange in Ecuador. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash! CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than \$100 USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Portage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Latin America to tip 10%. Though not compulsory, tipping is expected. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels and shows an expression of satisfaction.

## What activities are optional on this trip?

### Baños

- Horseback Riding - Baños (25USD per person)
- Hiking - Baños (Free)
- Hot Springs - Baños (4USD per person)

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes, as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure travels to high altitude, in Quito and the highlands. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.